

FORT CARSON RETIREE NEWSLETTER



Retirement Services, 1625 Ellis St, Fort Carson, CO 80913, 719-526-2840/2660

COMMANDING GENERAL'S UPDATE

The retirement community in and around Fort Carson is vital to the overall success and morale of the Fort Carson Soldiers and Families. With the current discussions on Military reductions and budget cuts, I want to take this time to highlight the endless opportunities that our current retirement community have here on Fort Carson. This spring we will open two brand new facilities for Soldiers, Families, and Retirees to use. On May 3rd the brand new Ironhorse Fitness Center will open as part of the Fort Carson Resiliency Campus Grand Opening. The fitness facility will include an indoor pool; weight machines; free weights; fitness classes; cardio equipment; and a climbing wall. The brand new Fort Carson Commissary will open its doors on May 9th with over 58,000 square feet of shopping space. The store will feature extensive produce, meat and grocery departments; an international delicatessen and bakery; sushi to go; fresh seafood; rotisserie chicken and a selection of hot, ready-to-eat food items; custom-made sandwiches; 20 regular and eight self-checkouts; a stock assortment of 21,000 items; and more than 475 customer parking spaces. The new Commissary is a great addition to the Fort Carson community that supports over 115,000 customers to include our local retiree community.



Fort Carson will continue to support our local retiree community with programs such as the Directorate of Family, Morale, Welfare & Recreation (DFMWR); education and employment opportunities; Medical treatment and TRICARE benefits; and numerous other services provided on post for retirees. It is important to recognize that these services are available because of the support Soldiers and Families receive from our retirement community. Your continuous service and support is vital to Fort Carson and the community and we applaud you for your continuous support and dedication to our local military communities. Taking care of our fellow comrades in arms is of upmost importance and Fort Carson will continue this time honored tradition for our fast growing retirement community. Thanks again for your service and support and enjoy the spring weather!

STEADFAST AND LOYAL!

MG Joseph Anderson

Commander

4th Infantry Division & Fort Carson

1 April 2012

Special points of interest:

- Social Security Advantage
- Space-A Travel
- Movement of Medical Clinics
- Fire Safety
- DFMWR Opportunities
- AER Campaign Kick-Off

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FORT CARSON RETIREE NEWSLETTER



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GARRISON COMMANDER UPDATE

Last quarter I mentioned the opening of several new facilities on Fort Carson. These will make for great Spring events for the Fort Carson community. For those interested in attending we expect to have the grand opening for our new commissary on May 9. Our Resiliency Campus area is scheduled for a ribbon cutting ceremony on May 3. This will include the opening of our new world class Iron Horse Physical Fitness Center located across from the Special Events Center (SEC), the renovated Forrest Resiliency Center, and a new Child Development Center. On April 18 the installation will also host the annual safety day at the SEC. I encourage everyone to take advantage of this event that will address a number of safety concerns. For the motorcycle enthusiast, don't forget to join us for the annual motorcycle safety rally at the Iron Horse Fitness Center parking lot across from the SEC. We are also continuing efforts with our local community partners on various initiatives to improve services to our Soldiers. This quarter we will conduct a focused effort with state and local college leadership to improve access and services for Soldiers and families on educational opportunities. Recently we were signatories with other area military installations to the DOD initiative for the Military Spouses Employment Program. This program will improve employment opportunities to military spouses through partnering efforts with our local and national business operations. Additionally, we continue to work with Colorado Springs leadership on a range of other programs of mutual interest to both communities. Over the last several years there have been many changes to the landscape of Fort Carson through our facilities and infrastructure in addition to our services and programs. These will continue to evolve and adapt to support Fort Carson's mission. You will, of course, see more changes. Most notably will be the stationing of the Army's newest Combat Aviation Brigade at our Wilderness Road area over the next few years. This will be my last column to the newsletter as I will depart the garrison on May 10th and prepare for my next assignment. I want to thank the entire retiree community for your support to Fort Carson over the last 3 years I have had the honor to serve you, our Soldiers, and their families. Our retiree community brings a wealth of experience to Fort Carson programs through your volunteer efforts and participation in various events. I hope you continue to make Fort Carson a destination of choice among the Front Range military installations for services and programs. Thank you again for your service and support to Fort Carson.



COL Robert F McLaughlin
Garrison Commander

RSO Notes

****Veterans Who Served on Active Duty Between 1957 and 2001:

You qualify for a higher social security payment because of your Military service, for active duty time from 1957 through 2001. Up to \$1200 per year of earning credit credited at time of application which can make a substantial difference in social security monthly payments upon retirement.

YOU MUST TAKE YOUR DD 214 TO THE SOCIAL SECURITY OFFICE AND YOU MUST ASK FOR THIS BENEFIT TO RECEIVE IT!!!!!!!

Soc Sec Website:

<http://www.ssa.gov/retire2/Military.htm>

IT IS NOT JUST FOR RETIREES, BUT ANYONE WHO SERVED ON ACTIVE DUTY BETWEEN JANUARY 1957 AND DECEMBER 2001



New Legislation Could Expand Space-A Eligibility:

Under the current rules, Guard and Reserve members qualify for Space-A travel. However, unlike active duty family members, dependents of the Guard or Reserve currently cannot fly Space-A. So-called, "Grey Area" retirees (retirement eligible members of the Guard and Reserve who are under 60 years old) are excluded from traveling OCONUS on Space-A.

If passed, House bill 4164 and its companion bill in the Senate, S. 2112, would authorize DoD to offer space available worldwide travel on military aircraft to dependents of Guard and Reserve members, "gray area" retirees, and widow and widowers of retire members and dependents.

Here Are the SIX Eligibility Categories:

CATEGORY I: emergency travel on a round-trip basis in connection with serious illness or death.

CATEGORY II: Environmental Moral Leave.

CATEGORY III: Ordinary Leave— Members of the uniformed services in and ordinary or re-enlistment leave status.

CATEGORY IV: Unaccompanied dependents on EML— Unaccompanied family members, 18+, traveling on EML.

CATEGORY V: Permissive Temporary Duty and Students.

CATEGORY VI: Retirees— National Guard/Reserve Components, the Ready Reserve and Retired military members.



Retiree Council Notes

As spring arrives, along with all your other 'spring cleaning' projects, I encourage each & every one of you to update your information with DFAS & at home. It is a nightmare when one passes & the survivors do not know what insurances are in place, burial information & personal wishes the deceased had. Also, the survivors need to know where all the important papers are kept (car titles, deed to home, insurance policies, will & etc). If situations in your life have changed since your last will update, you need to do that also. Contact JAG at Fort Carson or even Peterson AFB to get an appointment, or you can talk to the JAG reps at **Retiree Appreciation Day on October 13, 2012.**

I do not usually promote any particular organization in mass or print, but there are an increasing number of our brother & sister veterans & retiree's that are homeless and one particular organization can help with their needs & at the same time give you some savings to offset the cost of membership. That organization is Homeowners for the Homeless Veterans. Your membership helps provide for & can allow you to save on auto & homeowners insurance cost by paying a portion of your deductible (you can increase deductibles & reduce premiums). The web site is: www.homeownersforthehomelessveterans.org

The VA is focusing on improving your healthcare & assistance, if you do have a legitimate problem, contact the office administrator for assistance. Another issue a lot of veterans are focusing on is a Colorado Veterans Lottery. If this is something you think is important, contact your state representative or senator & encourage them to pass the bill to put the 'Veterans Lottery' on the November ballot. As a last note, make sure to mark **October 13, 2012 as this years' Retiree Appreciation Day'.**



News from the MEDDAC — Evans Army Community Hospital

Whooping Cough:

If you've never heard the “**whoop**” sound associated with pertussis, or Whooping Cough, you're not alone. For years, most people assumed that vaccines had wiped the disease out of the United States. However, in recent years, pertussis has made a resurgence.

Pertussis is caused by a bacteria called ***Bordatella pertussis***. It spreads easily through the air when an infected person coughs or sneezes. Others become infected when those respiratory droplets are inhaled by people who are in close contact with them. A person is most infectious to others during the first three weeks of illness. After exposure, it can take as little as seven days or as long as six weeks for symptoms to appear.

Once in the respiratory tract, the bacteria attach themselves to tiny hair-like projections called cilia. It releases a toxin that damages the cilia, leading to violent bouts of coughing. In its early stages, pertussis may resemble a cold or mild flu; however, it may progress after one or two weeks of milder symptoms to severe coughing fits. A person with pertussis may cough so hard he or she has trouble getting a breath, and may even vomit. After coughing, the resulting gasp for air may sound like a “whoop”.

As a person recovers, the cough usually becomes less frequent, but can continue to occur for up to three months, even after treatment!

The best way to prevent pertussis is to be vaccinated. However, the pertussis vaccine wears off after about ten years, so it is necessary to have booster shots. Usually pertussis is given in a shot along with the tetanus and diphtheria vaccine. It's called Dtap for children and Tdap for adults. Although it is part of routine childhood immunizations, we now recommend that adults get that all-important booster.

Whooping cough is most dangerous for infants who are too young to be vaccinated and may catch it from an ill adult or adolescent whose vaccine has worn off. Pertussis can be fatal for infants, so if you work in child care, are frequently around children, or have children, you should ensure you have received the Tdap booster. This is available at Evans Army Community Hospital through the Adult Immunization Clinic or Pediatric Immunization Clinic.

If you, or a family member, become ill with pertussis, you are very contagious and may be asked to stay home for three weeks after symptoms start. This would minimize its spread to others. A person

who is treated for five days with the antibiotic Azithromycin is considered no longer infectious once the antibiotic course is completed and may return to school or work. Also, if one person in your home or a close contact is diagnosed with pertussis, you may be given a five-day course of antibiotics to prevent illness, even if you've been vaccinated.

If you or a person in your home has pertussis, you will also likely get a phone call from Fort Carson Preventive Medicine or the County Health Department to discuss your symptoms and close contacts. This happens to ensure everyone who might have been in close contact with you or your family member can get treated and prevent further spread.

While pertussis can be a serious infection, it can often be prevented with vaccination, avoiding people who are sick, and as always, good hand washing. If you have questions about pertussis, contact your health care provider or visit www.cdc.gov/pertussis.



News from the MEDDAC — Evans Army Community Hospital (Cont)

Patient Centered Medical Home: Military medicine goes through a transformation:

For most people, home is the place to see a familiar face, feel comfortable, and talk about the things in your life.

It's exactly how Fort Carson-MEDDAC wants you to feel about the place where you get your health care. How will that happen? The Army is inviting you to be part of the Patient-Centered Medical Home.

The PCMH model is being implemented Army-wide. It is a new approach designed to improve access and continuity of care. The concept creates medical homes, or clinics, that focus on acting as a small Family practice. Beneficiaries at a medical home get their very own core team made up of their primary care provider (a physician, physician's assistant or nurse practitioner), licensed practical nurses and registered nurses. The idea is that patients will get a group of caregivers who know them well and a personalized care plan that is unique to them.

Fort Carson caregivers are in the midst of intense training and implementation of PCMH. Through practices like team "huddles" about the upcoming day to much

more contact time with patients, caregivers say this radically changes how they work.

Patients will begin to see a number of changes as PCMH takes hold. Beneficiaries will have a lot more time with nurses as they conduct screenings and prepare a patient for a provider.

Beneficiaries will also find access to care becomes broader and easier. The PCMH model calls for communication between the patient and provider through non-traditional means. The face-to-face interaction is supplemented by telephone, video or secure email messaging. The secure messaging site allows beneficiaries to see lab results, x-rays, and send messages to their provider. The site also has health education information and worksheets.

Caregivers say PCMH also requires a transformation to a more active role on the part of beneficiaries.

Three Fort Carson-MEDDAC clinics are already applying for certification from the National Committee for Quality Assurance under the PCMH model.

Medical Clinics Moving Into New Areas:

Attend an appointment at Evans Army Community Hospital over the next few months and it's quite possible you'll witness the moving box shuffle.

As the Medical Department Activity completes some renovations and begins others, a number of clinics are moving in, out and around Evans Army Community Hospital. The Deputy Commander for Administrative Services said the upgrades are indicative of MEDDAC's dedication to its beneficiaries.

"Over the last four years, we've invested more than \$250 million in military construction projects to enhance our health care system. We're doing the best we can for you," said the Deputy Commander. "We're committed to providing world class health care in state-of-the-art facilities."

Of course, beneficiaries may worry how they will find their familiar clinic if it has moved to an unfamiliar location. Major relocations including moving Behavioral Health out of the hospital into its own building while Warrior Clinic moves into the main hospital.

News from the MEDDAC — Evans Army Community Hospital (Cont)

moves into the main hospital. MEDDAC is working to make this as seamless as possible for patients. Evans' Chief of Transitions has been coordinating the process.

The primary concern is continuity of care. During this time, clinic closures will be kept to a minimum. Patients will automatically be scheduled for the new locations and they will be told where they have to go as they make appointments.

Moving signs will be posted before clinics make the switch, some are handing out business cards with their new locations, the hospital is posting directional signage throughout its facility and assigned staff will be on hand to help beneficiaries find their way. The majority of clinic phone numbers will remain unchanged.

The staff hopes patients will be pleased when they see and experience the renovated areas. Along with increased space designed for efficiency, many clinics also received upgraded medical equipment. For example, the audiology clinic has new audio booths and a rotary chair to test for ear imbalances.

A lot of work went into making sure the layout of the health care delivery facility promotes streamlined access and patient centeredness. Patients may want to arrive at the hospital a few minutes early to ensure that they get to appointments on time. Evans staff say they'll do all they can to keep the transitions smooth and the standards of care high.

The hospital staff's main priorities

during these transition phases are patient safety, satisfaction and continuity of care. Our commitment to that supports our goal to deliver care with honor.

This isn't the last of the major renovations for MEDDAC. Preparations to renovate the fourth and fifth floor of Evans are underway. Those floors will be transformed to include an inpatient behavioral health ward and a series of single patient rooms to aid in patient recovery.

**SEE NEXT PAGE
FOR LOCATION
CHANGES**



News from the MEDDAC — Evans Army Community Hospital (Cont)

CLINIC	CURRENT LOCATION	NEW LOCATION	APPROX. OPENING DATE
Behavioral Health	Evans 4th Floor	Behavioral Health Care Clinic Building 1830 On Prussman & Specker	March 5
Social Work Service Family Advocacy Program	SFCC 1st Floor	Behavioral Health Care Clinic	March 5
Intensive Outpatient	Evans 4th Floor	Behavioral Health Care Clinic	March 5
Specialty Care	Evans 4th Floor	Behavioral Health Care Clinic	March 5
Tertiary Care	Evans 4th Floor	SFCC 1st Floor	March 5
Warrior Family Medicine Clinic	Trailer 2353 By Magrath & Titus	Evans 2nd Floor, East	May 1
Audiology	Evans 1st Floor, East	Evans 2nd Floor, Center	March 22
Neurology	WRC Trailer 7489 By Robinson Clinic	Evans 1st Floor, East	April 9
Disease Management	SFCC 2nd Floor	Evans 1st Floor, East	April 9
Pain Clinic	Evans West Trailer 7530 By Hospital West Entrance	Evans 1st Floor, East	March 28
Urology	Evans West Trailer 7530	Evans 2nd Floor, Center	March 29
General Surgery	Evans West Trailer 7530	Evans 2nd Floor, West	March 28
Eye Clinic	Evans 1st Floor, Center	Evans 2nd Floor, Center	March 22

Army Community Services

Looking for Volunteers:

Looking for a summer children's program?

Anyone wanting to volunteer or who wants info, please call 719-526-5744

Fort Carson
Religious Support presents:

Christian Kids Club

TUESDAYS, JUNE 19- AUGUST 7, 2012
9:00 A.M. - NOON

**BIBLE STUDY™ GAMES
SNACKS ~ CRAFTS
FREE!**

Registration: 719-526-5744

Ages: completed Kindergarten – completed 5th grade

Directorate of Emergency Services

P/PMD

Fort Carson is a community that is always changing, from the constant construction of new roads and buildings to new policies and procedures. Here at the Provost Marshal Office we too have made a few changes. Where as we used to do all VIN Verifications, that task has been transferred to the Vehicle Registration Office outside Gate 1. An even trade was made however and we now register all personally owned weapons on post.

All weapons that anyone plans to bring on post must first be registered. That means your first visit to the PMO for paperwork must be done without your weapon present. The form required to fill out is FC Form 66-E and can be picked up at the PMO or online at <http://www.mwrfortcarson.com/hunting-fishingfc.php>. After the form is filled out then the PMO Desk will take it and process it. It is normal for this process to take at least 72 hours to complete. If you do not live on the Fort Carson community, you can bring a self addressed and stamped envelope and the PMO will mail the registration back to you. Another option is we can email to an address for the owner to print off.

Fire:

What is the Emergency Notification System?

The Emergency Notification System is an automated system that can call your registered cell phone and notify you of any situation that threatens harm to life and/or property or is deemed dangerous by officials. This may include, but is certainly not limited to man-made disasters, crime, pandemics, hazardous materials incidents, missing persons, evacuation notifications, and neighborhood emergencies. To register for this service, the address you are registering must be in El Paso or Teller County.

Go to:

www.elpasoteller911.org click on "public information" and follow the link to register for this service! The system will accept cell phone numbers with ANY area code. By registering your information you will also receive an email when activation is made in your area. You also have the option to receive the notification via text message (SMS message) in addition to a telephone call. Standard message rates and data charges from your cell phone provider apply to sending and/or receiving text messages and email. Check with your cell phone provider if you have questions about your plan and costs.



What To Expect When You Get A Call

The Emergency Notification System will call your registered phone number when a significant event occurs in the area of your registered address. If you have **Caller ID** on the number being called, the notification will display as **"911 EVENT"** along with the number **"719-457-4100"**. The recorded message will begin with **"THIS IS AN IMPORTANT MESSAGE FROM YOUR LOCAL PUBLIC SAFETY AGENCY."** You will then be prompted to press **"any key"** on your phone to listen to the message. Be sure to listen to the entire message and follow the prompts as necessary. **PLEASE DO NOT HANG UP UNTIL YOU HAVE HEARD THE ENTIRE MESSAGE.**

Directorate of Emergency Services (cont)

Police Intelligence Specialist:

Pass this on to your grown children and anyone else you can think of. This has been verified by the FBI (their link is also included below). Please pass this on to everyone in your email address book. It is spreading fast so be prepared should you get this call. Most of us take those summonses for jury duty seriously, but enough people skip out on their civic duty that a new and ominous kind of fraud has surfaced.

The caller claims to be a jury DUTY coordinator. If you protest

that you never received a summons for jury duty, the Scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo; your identity was just stolen.

The fraud has been reported so far in 11 states, including Oklahoma, Illinois, Colorado, AZ and more. This (swindle) is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they are with the court system.

The FBI and the federal court system have issued nationwide alerts on their

web sites, warning consumers about the fraud. Check it out here:

http://www.fbi.gov/page2/june06/jury_scams060206.htm

<<https://mail2.90octane.com/owa/redir.aspx?C=7f77c47663924b86973796a11d833e2>

3&URL=http%3a%2f%2fwww.fbi.gov%2fpage2%2fjune06%2fjury_scams060206.htm>

Department of Public Works—Upcoming Construction

1. The intersection of Chiles Ave and Ellis St will have center left turn lanes installed on both the north and southbound Chiles and a traffic signal will be installed. The project is scheduled for completion in Fall 2012

2. B St, between Gate 4 and the Academy Blvd overpass will be repaved and a paved pathway will be constructed adjacent to the road to accommodate pedestrian traffic to and from the gate. This pathway will link into a new trail being constructed by El Paso County connecting B St with Pikes Peak Community College. This project will be completed in

Summer 2012.

3. A pedestrian activated school crossing signal will be constructed across Chiles Ave in front of Abrams Elementary to enhance pedestrian safety at that location. The project will be completed in early 2012

4. Victory Loop will be extended from Specker Ave to the entrance to Iron Horse Park on Wetzel Ave. This will provide a direct link between the park, the new Post Fitness Center, and the both Specker and Wetzel Aves. The project is scheduled for completion in Fall 2012.

5. The intersection of Titus Blvd and Bad Toelz Rd will be improved with a center left turn lane on Titus and a dedicated right turn lane on Bad Toelz. The existing traffic signal will be replaced and upgraded. The project is underway and scheduled for completion in May 2012.

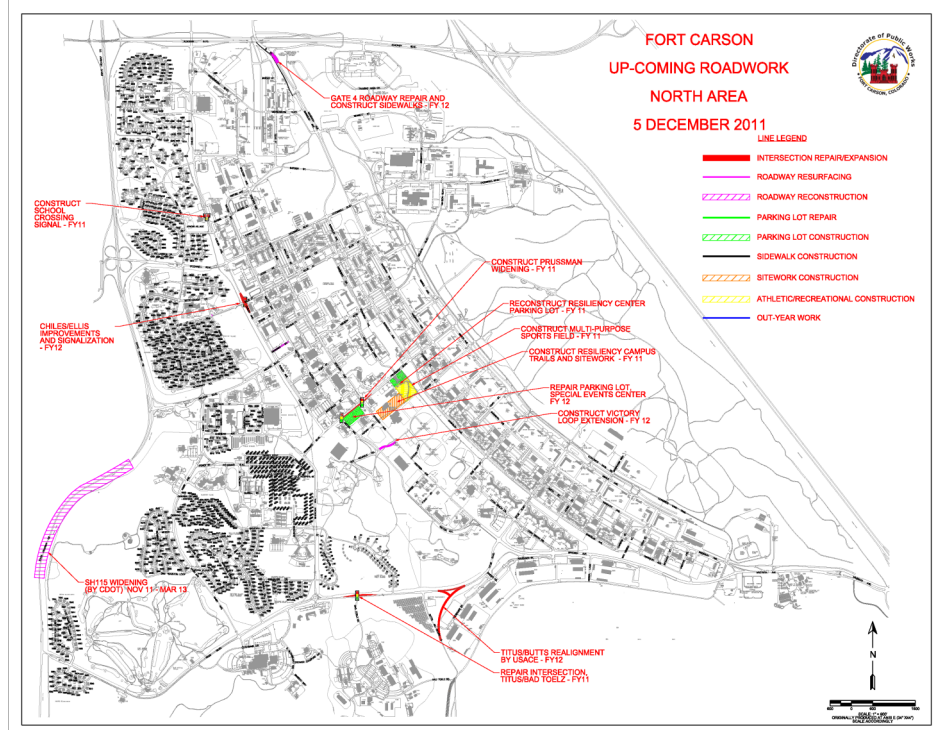
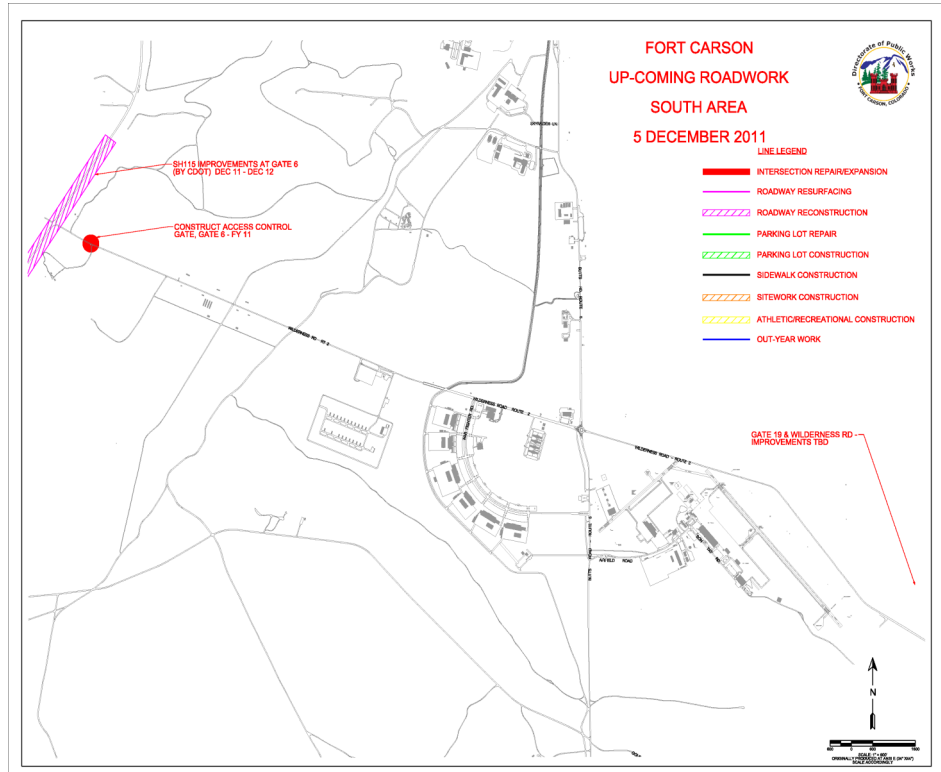


Department of Public Works—Upcoming Construction (Cont)

6. Titus Blvd will be expanded from 2 lanes to 4 lanes between Specker and Butts Road as will Butts Rd between Tutus and Ardenes Rd. The intersection at Titus and Butts Road will be re-aligned and the traffic signal relocated and improved. The change will provide greater traffic flow, particularly for drivers going to and from the areas along Butts Rd. This project will be completed in mid-2013.

7. State Highway 115 will be expanded from 2 lanes to 4 lanes between the recently completed project outside of Gate 5 and the Rock Creek Bridge located just south of Gate 6. The project will also provide intersection safety improvements at Wilderness Rd, outside of Gate 6 and at Pawnee and Cherokee Roads further to the north. This project will be completed in December 2012.

8. State Highway 115 will be expanded from 2 lanes to 4 lanes between Gates 1 and the recently completed improvements outside of Gate 5. The project will be completed in Spring 2013.



DFMWR

GOT SOME EXTRA TIME... WE NEED SOME EXTRA HANDS!

Do you want to do something different, learn a new skill, and meet new people? Do you want to do something as a Family? How about assisting with a mountain bike trip, learn to rock climb or raft? Maybe hone your computers skills or teach a craft class? All this and more is at your fingertips. Come be a volunteer at one of the many MWR facilities, programs or special events.

Call Events & Entertainment for more information or to sign up **526-1867**.

Thunder Alley Bowling Center

Saturday, Cosmic Bowl at 1:00 p.m. and Saturday evening is Color Pin starting at 6:00 p.m.

Sunday, Family Pizza Bowling. Get 2 slices of pizza and a drink and three games of bowling for \$7.

Tuesday, 50's Night, come out and bowl to the music of the 50's. Other 50's include 50 cent games, 50 cent shoes, and 50 cent hot dogs! Starts at 6:30 p.m.

Wednesday, Family Day. Bowling games for Families are only \$1.

Friday, Cosmic Bowl and Black Light Extravaganza starts at 9:30 p.m.

Building 1511, Chiles Ave.

(719) 526-5542

Now Open! Borriello Brothers Pizza at the HUB

Hours of operations: **Monday-Saturday** 11:00 a.m. - 10:00 p.m.

Sunday noon - 9:00 p.m.

The FOXHOLE

Wednesdays, Mountain Post Running Club, 5:00 - 6:00 p.m.

Wednesday & Thursday, Electronic Bingo starting at 6:30 p.m., and **Saturdays** starting at 2:30 p.m.

Thursday, Karaoke in the evening.

Building 1532, Specker Ave.

(719) 526-5347

NEW! Outdoor Recreation, Private Backcountry Ski or Snowboard Guiding

So you have done an intro class and you want more! Come down and set up a private backcountry ski day with one of our guides and we will continue to develop your backcountry skills and knowledge, while making some powder turns. We may even take you out to one of our secret stashes.

Dates: Come down to the office and schedule a day that works for you.

Cost: \$120 for individuals / \$75 per person of group of two or three

(719) 526-5366



DFMWR

OUTDOOR RECREATION: Learn to Ski/Snowboard Trip

Always wanted to learn how to ski or snowboard join us for a day up at Monarch Ski area and get a half day lesson from a professional instructor. Your lesson will be in the morning then you can work on your new skills all afternoon. Getting a lesson from a professional rather than your “buddy” will increase your learning curve, making the snowy steeps an enjoyable experience for you.

Dates: Any Trip to Monarch Ski Area

Time: 6:00 a.m. to 6:00 p.m.

Cost: An addition \$45 for a lesson (ages 7 & up)

(719) 526-5366

OUTDOOR RECREATION: Snowmobile Trips

Come out for a fun and exciting day as you ride through a winter wilderness and enjoy the awe inspiring views of the surrounding 14,000 foot high mountain peaks. Explore the local winter wonderland for 3+ hour with your guide as you zip through the trees. After the ride, you can rest and soak in the Monarch lodge hot tub for only \$5.

Dates: Any time we have a trip to Monarch Ski Area

Time: 6:00 a.m. to 6:00 p.m.

Cost: \$115 to ride solo, \$140 to for 2 riders on one sled

(719) 526-5366

MCKIBBEN FITNESS EQUIPMENT ORIENTATION

This FREE class is suitable for those looking to learn how to use our equipment properly. Our certified instructor will show you how to adjust the equipment without compromising form, learn the importance of breathing techniques, range of motion , tempo and answer fitness equipment questions. Class is 30-45 minutes long and is available. **Tuesday** and **Thursday** morning 9:00 - 10:00 a.m. by appointment only. Call **526-2597/2137** to sign up, or you may sign up in person.

MCKIBBEN BODY FAT / BODY COMPOSITION MEASUREMENTS

Get your FREE Body Fat Analysis and Body Composition Measurements by a male or female trainer.

Make an appointment in the AM / PM or NOON for your convenience. Call **526-2597/2137** to sign up, or you may sign up in person.

FREE Personal Training

By appointment only, at Waller PFC between 7:30 a.m. - 8:30 p.m., **Monday - Friday**, 2:30 p.m. - 8:00 p.m. **weekends**; group or individual sessions. All participants will meet with a certified personal trainer; the following are included: fitness assessment, goal setting, and workout sessions.



DFMWR

FREE Intro to Equipment

By appointment only, at Waller PFC between 7:30 a.m. - 8:30 p.m., **Monday - Friday**, 2:30 p.m. - 8:00 p.m. **weekends**; groups or individuals. All participants will meet with a certified personal trainer who will introduce the proper way to use the equipment at Waller Physical Fitness Center.

FREE Body Fat Analysis

By appointment only, at Waller PFC between 7:00 a.m. - 8:30 p.m., **Monday - Friday**, 2:30 p.m. - 8:00 p.m. **weekends**. Body fat will be checked either with a hand-held body fat analyzer or with skin fold calipers.

FREE Kickboxing class

Waller PFC

Mondays, 9:00 - 10:00 a.m.

Improve your cardiovascular fitness and increase your strength through a variety of upper and lower body kickboxing & athletic drills.

FREE Yoga Basics class

Waller PFC

Fridays, 6:45 - 7:45 a.m.

RACQUETBALL LESSONS

McKibben PFC is offering FREE Racquetball Lessons by appointment only. Lesson plans are tailored to the individual or group needs based on preliminary correspondence. Call **526-2597**.

PERSONAL TRAINING

McKibben PFC is offering FREE small group or individual personal training sessions. Each patron will meet with a certified personal trainer to include a body fat/body composition measurement, a fitness assessment, goal setting and a personalized fitness program to meet your individual needs. Personal trainers will also provide accountability, motivation, support, experience and expert guidance to reach your fitness goals! Personal training sessions available in the early morning, lunch time or after work for your convenience. Please bring a water bottle and towel to class. Call **526-2597/2137** to sign up, or you may sign up in person.

TRX GROUP SUSPENSION TRAINING

McKibben is offering FREE small group TRX sessions by appointment only. If you are looking to develop functional strength, improve flexibility, balance and core stability, then this is the class for you. Call **526-2597/2137** to sign up.



DFMWR

There is a really great program that has just started for the Retirees. It is a Saturday special for Bingo and Bowling.

Fort Carson Retiree Saturdays Bingo Bowling



Foxhole Retiree Bingo Special

Bingo starts at 2:30 p.m. Must be 18 or older to play. The Foxhole will be giving all retirees an extra raffle ticket on Saturdays and treating retirees to **1** free Quickshot bingo! Borriello Brothers will also be offering a pizza special for players!



Thunder Alley Bowling Center Retiree Bowling Special: \$6

All you can bowl from 5-6:30 p.m.
Includes free shoes and a medium soft drink!

Need a ride? BOSS will get you where you need to go!



Every Saturday BOSS soldiers will pick up retirees at 1 p.m. for bingo (van will leave at 1:15 p.m.) on 85/87. After Bingo BOSS will take you to bowling or back to your vehicle. After Bowling, shuttle leaves at 6:45 p.m. *Shuttle is not wheelchair accessible.

Need more info? Call 526-5347 or visit www.MWRFortCarson.com



Annual AER Campaign Kick-Off

“A strong tradition of Soldiers helping Soldiers” is the slogan that will kick off this year’s Army Emergency Relief Campaign, which runs March 1-May 15. Last year’s campaign raised \$126,187.

Army Emergency Relief was established in 1942 by the secretary of War and the Army chief of staff to provide emergency financial assistance to Soldiers and their Families, according to the AER website, <http://www.aerhq.org>. Since its inception AER has provided more than \$1.2 billion in grants and loans to Soldiers and their Families, according to the website.

“Army Emergency Relief — in the name itself — sends a powerful message, helping Soldiers and Families when there is an emergency,” said Col. Robert F. McLaughlin, garrison commander. One such Soldier from, 1st Battalion, 2nd Aviation Regiment, 2nd Infantry Division relied on AER when his daughter was faced with an emergency. His daughter, was born with spina bifida while he was in Advanced Individual Training and he needed money to fly home. He was given a grant from AER for the airline ticket. Assistance is provided in the form of interest-free loans or grants to Soldiers for food, rent, utilities, emergency transportation, essential vehicle repair, funeral expenses, medical or dental ex-

penses, and personal needs when pay is delayed or stolen.

“How many times have we told Soldiers that just because you have checks in the checkbook it doesn’t mean you have money,” said retired Col. Andrew H. Cohen, deputy director of finance for AER.

“Well, as long as Col. McLaughlin has checks in the AER checkbook, he has money for his Soldiers.”

The goal set for this year’s AER campaign is \$200,000.

For more information about AER, visit the website or find it on Facebook at <https://www.facebook.com/pages/Army-Emergency-Relief-Headquarters/307269482634371>.

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AER offers new categories, scholarships:

New categories of assistance and scholarship opportunities are now available through Army Emergency Relief. Included among the new categories to Soldiers are Family member dental care, basic furniture needs, rental vehicles and replacement vehicles.

- Dental care eligible for AER assistance includes diagnosis, fillings, crowns, root canals, extractions, sealants and emergency care to alleviate pain. Assistance will be limited to no more than \$4,000 per case.

- Basic furniture needs include beds, cribs, sofas, chairs and ta-

bles. The intent is to assist those Soldiers and Families establishing a household when the quarters have no furniture. Additionally, this category would be eligible to Soldiers who lost their furniture as a result of a natural disaster. Assistance will be limited to no more than \$4,000.

- Assistance for a rental vehicle is intended to help those Soldiers on emergency leave, or waiting for the repair of a primary vehicle. The rental period would normally be seven to 10 days.

- Assistance for a replacement vehicle is intended to help Soldiers when the cost to repair their current vehicle is greater than the vehicle’s value. Assistance will be limited to not more than \$4,000.

